

The Silent Journey[®]

:30bp [thirty-second bp], A Blood Pressure APP

:30bp (thirty-second bp) is a blood pressure app designed for people who struggle to manage their blood pressure. :30bp is available in the App Store for iPhones and the Play Store for Android users. :30bp is available in English and Spanish.

Simply download the app and complete your profile. Enter your BP goal into the app.

From that point forward, just enter your BP readings when you take them with a BP cuff. You can enter your BP readings on a daily, bi-weekly, or weekly basis.

:30bp will create a 30/60/90 day log of your BP readings. Your readings will also be time and date stamped everytime you enter a BP reading.



Common High Blood Pressure Myths

Myth: High blood pressure runs in my family. There's nothing I can do to prevent it. High blood pressure can run in families. If your parents or close blood relatives have had high blood pressure, you are more likely to develop it, too. However, lifestyle choices have allowed many people with a family history of high blood pressure to avoid it themselves.

Myth: I feel fine. I don't have to worry about high blood pressure. About 103 million U.S. adults have high blood pressure — and many of them don't know it or don't experience typical symptoms. High blood pressure is also a major risk factor for stroke. If uncontrolled, high blood pressure can lead to serious and severe [health problems](#).*

*American Heart Association



Future Updates to :30bp

:30bp is in its first phase. Bluetooth cuffs will soon transmit your results directly into the app. You will also be able to verbally input your readings into the app.

We plan to bring more exciting links to :30bp. For example; users will have a link for healthy and delicious recipes. Another will allow you to ask a doctor questions about high blood pressure. There will be a link that will give users info on how to win prizes and receive discounts. This authors favorite link will be the BP Over 50 link.

Whatever link becomes your favorite, the results will be the same. Users who use :30bp on a regular basis can decrease their BP. Research has proven, when a person with HBP uses an app to record their readings on a regular basis, they can achieve controlled BP.

Self-measured blood pressure monitoring.

Healthcare professionals, policy-makers and patient advocates support patients taking an expanded role in the ever changing healthcare landscape.

“Patient engagement has gained wide popularity as a strategy to achieve the elusive “triple aim” of improved outcomes, better care and lower costs.

The Institute of Medicine has defined patient engagement as a fundamental precursor to high-quality care, lower costs, and better health.

Health and Wellness in the age of Fast Food

Making the right meal choice when it comes to eating on the run is challenging. Take it from me, “ I ain’t gonna eat at Mickey D’s again.” That’s a fools errand. Of course I will eat at McDonald’s again.

But it’s gonna be on my terms. I have built cheat days into my meal plan. That’s right, days that I can eat whatever I want. To me it’s simple.

You are going to eat food that is not good for you. As long as you have more healthy meals than not, go for it. Otherwise, you will always feel guilty and ashamed of what you eat.



“You will have to exercise the rest of your life.”

Reginald Flake
CMO-32nd Street Media, LLC

My BP Journey: From Diagnosis to Bypass

In the May Issue of “The Silent Journey” newsletter I told you about my journey with high blood pressure and my bypass. Believe it or not, my bypass was 10 years-ago. I keep saying bypass, for the record I should say quaduple-bypass.

First, I have to say, “but for the grace of God.” I know, I know. Everyone says that after a frightening experience. He showed me His Grace before the surgery. I was laying on a gurney waiting to be prepped for surgery. As I lay there, I am trying to pray but I get nothing. I mean, I can’t think of a word to say to God or about God. Have you ever focused so hard that you block out everything and everyone around you? That’s exactly what happened to me.

I have never explained it like this before. Because I haven’t allowed myself to go deep into that place in my mind. A calm came over the room and me. Then, for the first time in my life, I truly heard God speak to me. He said, “be still and know that I am God.” Hey! I recognize that scripture. That must be God talking to me...right? There was no doubt in my mind, that calm washed over me too.

The surgery went well. My surgeon would often tell me you don’t look like you should be here. I was only 50. Then he would tell me to walk around the halls and show people the kind of work he does.

Little did I know that the real journey would start after my surgery. It all started when I went home from the hospital. The percocets made me hallucinate. Then I had a second surgery. I had fluids in my lungs and behind my heart. Some would say it was a battle, I choose to say it was part of the road to recovery.

That road began when I visited my family doctor. During that exam, he gave me the best advice in the world. He said, “you will have to exercise six days a week for the rest of your life.” I said, “what you talking about Willis.” He said if you don’t, in ten years you’ll be back on that table. And to my surprise, I did exercise for a very long time. Yet, as we all can attest, it’s a battle to sustain.

He also told me to loose the belly fat. The nerve of him. But, I am happy to say I did just that. I am under 200 pounds for the first time in 30 years.

As I said, the battles continues. My exercise routine has all but stopped. But wait! Everyday is a new day to start over. I will let you know how I shift back into gear. It’s only a matter of life and death.